



TMA Practice Sheet

White Belts – going for 2nd stripe

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
10 proper punches each hand going from chamber to punch							
kumite 3 practice - do middle punch and blocks 5X							
Sanchin -practice Sanchin strikes with steps - 10x							
Make sure room is picked up							
Use Black Belt Respect with family							

Words to know:

Kumite (coo-ma-tay) – crossing hands with a partner.

Sanchin – 3 conflicts (mind, body & spirit)

Kata – ‘form’ or ‘mold’ (a collection of karate moves put together like a dance.)